

# UPMC WESTERN MARYLAND

## Community Health & Wellness

For more information, call 240-964-8424, or visit:  
UPMCWesternMaryland.com/Wellness



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
<p>Established by the President's Council on Fitness, Sports and Nutrition in 1983, May is National Physical Fitness and Sports month. Take a walk after dinner, join an exercise group, or choose an activity that fits your daily schedule.</p> <p>Make physical activity a regular part of each day. The key to success is consistency and making it fun!</p>					Yoga, LaVale Library 10:00 am	
3	4	5	6	7	8	9
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am Riverside YMCA Health Expo 3-6 pm	Smart Recovery Support Group 12:00 pm *	Yoga, LaVale Library 10:30 am	
10	11	12	13	14	15	16
Mother's Day 	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	Yoga, LaVale Library 10:30 am	
17	18	19	20	21	22	23
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm	Yoga, LaVale Library 10:30 am	
24	25	26	27	28	29	30
31	 	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm	Yoga, LaVale Library 10:30 am	

\* For more information on the **Smart Recovery Support Group** sessions listed above, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu)

**Having trouble making healthy habits stick?**

**Teaming up with a health coach could change the game!**

**UPMC Community Health & Wellness offers FREE health coaching services.**

**Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.**